

Fancy a chat?

We can all feel lonely or isolated from time-to-time. If you or someone you know could benefit from some company, advice or support, please get in touch with one of the many organisations who can help.

Talk to us any time you like, in your own way – about whatever's getting to you.



116 123

This number is FREE to call

FREE



jo@samaritans.org



samaritans.org

SAMARITANS



to talk about what you're going through



Strathcarron Compassionate Neighbours offer a range of support to individuals and families 01324 826222



CONTACT THE ELDERLY

Call our Freephone

0800 716543

TEA PARTIES WITH FRIENDS

The Silver Line

helpline for older people

0800 4 70 80 90

ROYAL VOLUNTARY SERVICE

Provide a befriending service with face-to-face sessions and telephone support 0845 608 0122



ageScotland
helpline



Information, Friendship and advice

0800 12 44 222